

ABSTRACT OF THE DISCLOSURE

An optical recording medium according to the present invention includes a phase change recording 5 layer where reversible phase changes between a crystal phase and an amorphous phase are used, wherein the recording layer includes at least Sb, Mn, and Te and, in a state corresponding to the crystal phase, has a structure where one diffracted ray is detected by X-ray 10 diffraction as being present in respective ranges of spacings (Å) of 3.10 ± 0.03 , 2.25 ± 0.03 , and 2.15 ± 0.03 , in a range of between 3.13 and 2.12 spacing inclusive, with diffracted rays not being detected in other ranges within the 3.13 to 2.12 spacing range. Accordingly, 15 the optical recording medium can be reliably crystallized even when the irradiation time of laser light is short, and also has superior thermal stability in an amorphous state.